

Nation

Volume 10, No. 25 • October 31, 2003

Cree/Feds Relationship on the Rocks

Suriname:
Part 2



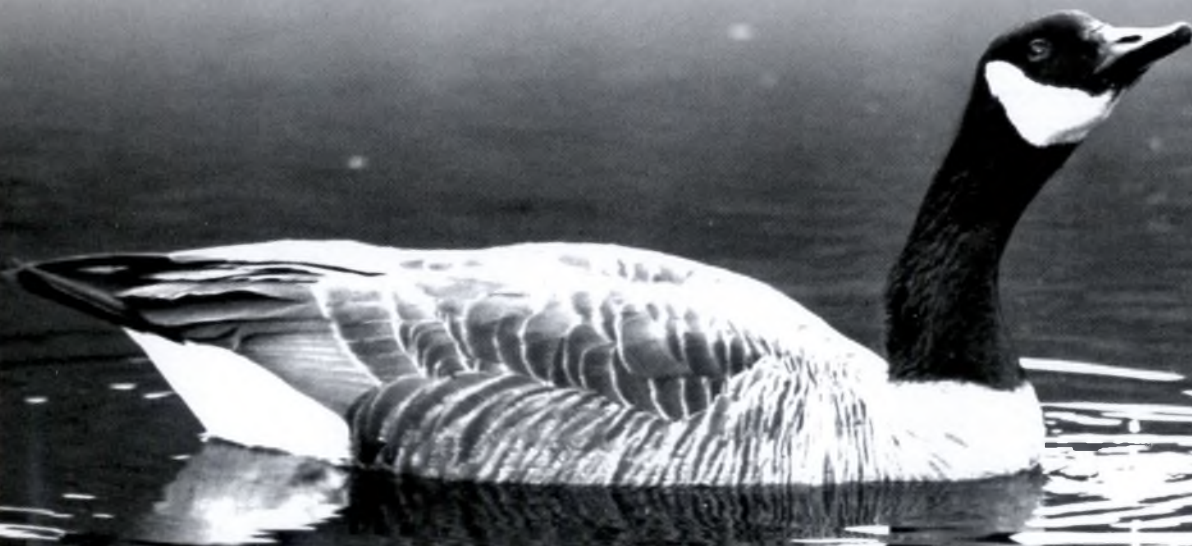
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the Nation's

10th Anniversary Issue

the passage of time...

The Nation has been a part of Cree life for 10 years. It has given a voice to the people. We have always been dedicated to reflecting and maintaining the Cree language and culture. The Nation's particular mix of news briefs, investigative reporting, and humorous personal editorials and traditional stories keeps the Cree in touch with one another—giving you all of the information that you need on what everyone's talking about.

This very special issue of the Nation will be a collector's item.

We will be featuring stories on Cree Visionaries and Trailblazers such as Annie Whiskeychan, stories that have touched our hearts and challenged our intellect, stories that have had an impact on our lives and brought our communities together...

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GHOST OF XMAS\$

PRESENT

It all seems so funny sometimes, the ideas the ideas you get as the xmas seasons approaches. Stringent fiscal rules apply to Natives and their governments. If a Band Council goes beyond an 8 per cent deficit then its third party management time and the feds step in grinning. Meanwhile Toronto and other non-Native communities operate at 25 per cent plus and seem to have no problem with the federal machine.

Ontario merchants will accept a Crees Indian card and allow them tax exemption from sales tax. They'll do the same for any card carrying member of the reserve crowd. Quebec salespeople in Montreal and other places on the other hand will not accept Cree Indian Status cards. A Montreal saleswoman recently told a Cree that they only accept them if they are Mohawk. My first thought was "those bastards" but then I realized that it wasn't the Mohawks fault. They weren't trying to take off with all the rights. The decision to exclude Crees (and perhaps other natives who are non-Mohawk) had to come from some place else. Either at some retail upper management level or from Quebec itself. I guess that new relationship hasn't straightened out all the kinks and problems are always going to be there. Of course the Feds were trying to get into the act by telling Cree negotiators that in order to fulfill their obligations on the 1975 James Bay and Northern Quebec Agreement they wanted a little more. They wanted Crees to give up their tax exempt status. So implementation is on hold and programs suffer. Often I have wondered where all the money they saved by not implementing the Agreement has went.

Hell, I guess we need something for the high priced negotiators and consultants to do and sitting around making deals in slow-time keeps them working. Can't have them just sitting around too long though, time is money.

Speaking of money, I loved the flack of National Grand Chief Phil Fountaine asking for \$300,000 to renovate his offices. The press leaped on that like a pack of starving dogs pointing out the offices were renovated when Coon Come held that seat.

By Will Nicholls

Let's be fair to the man and look at where he is. He's in fat cat city where elected members of parliament get a huge lifetime pension after serving for six years. Where a Governor General can spend over a million dollars on a single trip (\$1.3M to Argentina and Chile, \$1.2M to Germany and Bosnia and \$1.2M to Russia). She also spent \$100,000 just on the kitchen when she moved into her new digs.

Meanwhile some Natives still live in overcrowded, unheated shacks with no running water. Not all but enough. Housing for Natives has been a crisis for as long as I can remember. Housing is always overcrowded and sometimes dangerous with fungus and mold in the walls of even the "richer" communities. Dangerous diseases - diabetes, tuberculosis, whooping cough - are a part of the life of Native communities with inadequate medical facilities and personal.

The World Health Organization has ranked the health and social conditions of on-reserve natives in Canada 63rd in the world - below that of Mexico and Thailand.

You see high unemployment rates, high suicide rates. It is no longer a surprise for the international community to see the United Nations condemn Canada for the "gross disparity" that persists between native people and other Canadians.

The Canadian Human Rights Commission wrote that the dilemma of Native peoples in Canada is a national tragedy. They have said this every year in the 1990's.

So moneys important and it is squandered on a scale that is to not to be believed leaving us with only one option. Whether you are Cree, Indian or non-Native, it will come down to one thing this year for Christmas. Regular people will have to fill up the food banks. Those in the Federal and Provincial levels of Native and non-Native governments will continue to play their games with money and leave us to take care of those around us.

The reason why I writing this now is that more and more people need the food banks. The rates have gone up year after year faster than assistance is coming in. Start a little early this year to help out because it's needed. If you are a food bank out there, give us a call and we'll put in the address where people can drop off their donations. Tell what is needed and good luck to all.

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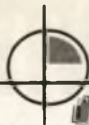
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ON THE COVER

Turtle...Island...

Photo: tsa
Design: Mona Laviolette



WHY I LIKE DAB IYIYUU

Dab Iyiyuu or Real People, are hard to come by these days. Sometimes I wonder if they are still around. They are scarce and I hope, not a dying breed like some people may claim, and say we are losing as a people and a nation. The francophone used to say the same thing about their culture and language, that they are losing their identity and their rights at the same time because someone else's language was heard more often in the streets and not just in corporate boardrooms. But more and more often I hear three or four languages at the same time and I realize that we are not alone in the north anymore.

Dab Iyiyuu are everywhere and in every country and they uphold their traditions and culture just as much as we do. I think mankind has an inherent right to be who they want to be. It's just that the numbers that divide us into groups and identities remain rigorously enforced and braced against change. Real people tend to maintain good lifestyles yet adapt readily and easily to change, while maintaining values and identity. Another thing about Dab Iyiyuu is that they tend to laugh a lot. That is really why I like them.

Dab Iyiyuu is also a series broadcast on APTN and it is made by real people from our home towns up north. It's about our own people and what they think should be maintained as a culture and identity. These values are our identifiers with humanity and are maintained and passed down from generation to generation. Most often, it is the social environment that changes with time, as do belief structures, so... Dab Iyiyuu is a modern day maintainer of our values and culture that uses television. It is in practically every room you go and if it isn't in a room, we miss it. Just don't miss Dab Iyiyuu though because if you do, you're missing a good thing.



The Cree Danny deVito.

I think that the "making of" the Dab Iyiyuu series should be told as it was a real experience that should be shared. This type of cultural maintainer is a logical step in our storytelling and traditions. Why watch video trash all day when you can watch Dab Iyiyuu and learn who you are and where you come from? I think our culture is ready for change in the way we maintain our culture and by adapting to change as easily as the real Dab Iyiyuu do. If they did not change or adapt, they would not be here and we would have lost our culture a long time ago. It is this ability to adapt and change that will keep our culture alive through modern technological means. That's another reason why I like Dab Iyiyuu.

As for the laughing a lot part, here's a quiz and just to help you out, the true answer is right after the question so that you don't wear out your noggin scratchin' it! Why did the Ptarmigan cross the road? Just so we could see him before he disappears again. How many HQ guys does it take to change a light bulb? Seven (true fact). Where did the word "dordik" come from? Waskaganish. Who invented syllabics? The church. Who makes the best pizza? Dunno, haven't had one yet. Why is there a squiggly little hair in your yero/gyro? It's a cultural maintainer.

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Nation

CANADA-CREE TALKS SUSPENDED

Negotiations with Ottawa on fulfilling the James Bay and Northern Quebec Agreement have stalled over taxation status for the Cree. The Grand Council of the Cree is refusing the federal government's demand to eliminate the Crees' tax exemption before honouring the landmark deal signed in 1975.

"The Grand Chief (Ted Moses) informed the government that capping funds, and the elimination of Cree tax exemption should be taken off the table," said Grand Council spokesman Brian Craik. "[The proposal] has since been shelved, but negotiations have not yet restarted."

Michel Blondin, spokesman for Indian Affairs Minister Robert Nault said that "Cree tax exemption was put on the table for preliminary discussions, and if the Cree had a problem with it being on the table, then they were well within their rights to have it removed from the negotiations."

The Grand Council of the Cree (GCC) have been in negotiation with the federal government in trying to get Canada to implement certain long overdue aspects of the JBNQA. Funding is needed for housing, and social and economic development.

Craik says the Crees need about 1,500 houses to satisfy demand. There is also the question of a regional police force which was supposed to be created under the JBNQA, and funded by Quebec and Canada.

"The government makes a lot of money off of the development of James Bay, they need to put more money back into the Cree development of James Bay," Craik said.

The Grand Council wants Ottawa to recognize that there is a Cree government, and spell out some powers in negotiations, said Craik. "We'd try and work out a kind of Cree governance act with them. The idea was to leave the powers of the bands largely in place, as they are under the Cree-Naskapi act."

Craik says the Cree are ahead of other First Nations in Canada in leading these talks. "The Crees are leading the pack when dealing with the feds, hoping that by doing this, other Aboriginal Nations will be able to benefit as well," he said.

One of the benefits

that the Cree have over other Native Nations is the way that the funding for schooling is disbursed. Instead of being capped to a certain amount annually, the funding is given out on an as-needed basis. So if 100 students need money for school, they won't be caught in a numbers game and the funding will always be available to them.

As far as the voice of the people being heard in an agreement like this, Craik stated; "a referendum on the deal (if it's signed) would be a possibility, although at this time we haven't decided what type of approval process is needed for it."

The key aspect that was part of the negotiations was Cree control of community development, as well as social and economic development for a set period of time.

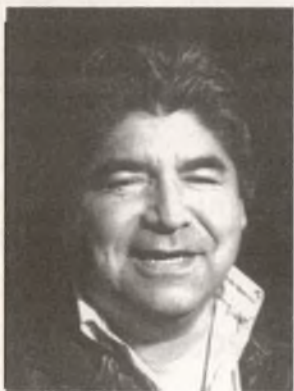
The time period had not been finalized, but Craik suggested that it could be for a 20 or 30-year time frame, which would be renewable, and renegotiable according to inflation thereafter.

Figures were not discussed, but the number believed to be suitable for this type of situation is around \$70 million annually, which is the same figure agreed to under the Paix des Braves. In return, the Crees would drop any pending litigation against the Federal Government. Negotiations have been ongoing for this type of agreement since 1998.

Robert Mainville, a lawyer for the Cree says that the government is "trying to limit their obligations. You never know how the economy goes. We're supposed to sit down with the feds, and the ministry of education in Quebec to determine how much (would be suitable)."

Guy St-Julien, MP for Abitibi-James Bay-Nunavik, says that taking away Cree tax-exempt status is not something he supports. "To taxation (of the Crees) I say; not today, not tomorrow, never."

"When you look at my situation, I have an office in Quebec, one in Ottawa, and one in Montreal, what's that? There is too much money being spent foolishly. As far as I'm concerned they should shut down Indian affairs and give the money back to the communities. How many people working at Indian affairs have been to the native communities up north? I say put the money where it's needed; into the community."



By Steve Bonspiel

Roadblock closes Chisasibi after police officer's suspension

Angry Chisasibi residents erected a blockade on the only road into the community last week after Assistant Director of Policing Larry Ross was handed a 30-day suspension and resigned from the force as a result.

Ross, a Mohawk, was suspended by Director of Policing Harry Snowboy Oct. 15 for seven counts of breaching the Cree Code of Ethics. These counts include; making statements or revealing information on police investigations or activities to persons other than those authorized by the police or by law; refusing to be accountable to the police director in respect to all activities performed in the capacity of a Cree constable; demonstrating a disrespectful or impolite attitude toward his superiors or toward members of the community.

Ross disputes the charges. "For whatever reason, innocent until proven guilty did not apply to my case," he told the *Nation*. "In my opinion these charges were fabricated with malicious intent."

In a strange twist, the Director of Policing Snowboy himself was suspended for unspecified reasons the following day, Oct. 16. Chisasibi Chief Abraham Rupert had met with his council on July 30 to discuss grievances filed against the Police in general, but mostly against Snowboy in particular. Snowboy's suspension was also for 30 days.

In the interim, Eric Mistacheesick, and Samuel House have been appointed as the Director and Assistant Director, respectively.

During the same meeting, the Chief and council appointed a committee to look into the allegations against the police and Snowboy. This committee consists of Clarence Snowboy, the Director of Operations, Davey Bobbish, Director of Finance Administration, and Daniel Legault, an expert consultant on human resources from Montreal.

On Monday, Oct. 20, Clarence Snowboy received a phone call from an unidentified police officer saying that if Ross was not reinstated, officers on the Chisasibi force would walk out. A follow up call by Snowboy to the interim Chief revealed that up to 10 officers were willing to take part in the protest. The station was informed by the newly appointed committee that since they are part of the essential services of the community, a walk out would

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CREE COMMUNITY RECOGNIZED

The Grand Council of the Cree (GCC) recently recognized the Washaw Sibi at the Annual General Assembly (AGA) in Waskaganish. The name Washaw Sibi essentially entails Cree people who are off reserve and might not be coming back to the territory, but want to affirm their rights as Crees. This includes Crees living in Val d'Or, and the surrounding regions, including Amos, where the band council is located.

The struggle for recognition as a band has been going on for many years. The result of which was the formation of a Washaw Sibi association in 1997.

Presently the Washaw Sibi have no reserve land, though negotiations are ongoing to eventually acquire a land base. They are essentially in limbo; they still have their Cree beneficiary status, and live within the territory covered by the James Bay and Northern Quebec Agreement (JBNQA), yet are having trouble accessing the programs and financial benefits that are available to other Cree.

"There are some aspects yet to be discussed that are up to Cree discretion, and there are other aspects that will require federal funding. We'll just have to see how ready the government is to move ahead with that," said Brian Craik, spokesman for the Grand Council of the Cree (GCC).

"They (Washaw Sibi) will have to work with the Crees, and with the government what their recognition as the tenth Cree band means, financially, legally, and socially."

Billy Katapatuk, who was elected as Chief of the Washaw Sibi in their first ever election of Chief and council at the end of July, was elated that his community of around 250-300 members was finally recognized. "We are glad that we were rec-

ognized, but that's just a start for us. Now we need to continue to work on the needs of our people."

"We don't have land yet, that is something we'll be working on. That is something that's up to our young people and our elders to make that decision, because it's the young people who will be living there in the future. There's a lot of work to do yet, a lot of discussions, and political aspects to be taken care of for Washaw Sibi. We're moving ahead and we want the people to see that we're serious about what we're doing," he said.

"We have people living here that haven't been recognized for a long time, and it's time to do the things that are right for them. We're looking forward to a new community for Washaw Sibi."

In order to let their position be known across Eeyou Istchee, the representatives of Washaw Sibi set out to each community to voice their concerns, and to state their case as to why they should be recognized by other Cree. They also had consultations with the GCC, which eventually led to full recognition.

When it came to voting for acceptance of Washaw Sibi as part of the Cree Nation, two Chiefs abstained (Edward Gilpin, Eastmain, and John Longchap, Mistissini). Katapatuk said that he would be meeting with them in the near future to discuss their concerns, as well as to go over exactly what their membership will mean to the rest of the Nation. He wants to assure them that nothing will be taken away from any of the other nine communities by accepting Washaw Sibi as the tenth.

"We'd like to move on in the negotiations. A lot of people are passing away, so we don't want to wait too long, it's very important that we settle this issue as quickly as we can," said Katapatuk.

By Steve Bonspiel

Correction

The Nation would like to apologize for an error that was made in the last issue (Volume 10, issue 24). The article ("Curb-ing Chisasibi drinking") misnamed the driver involved in an accident. It should have said that the driver's name was Irene Rupert-Pepabano. The Nation regrets the error, and apologizes for any misunderstanding.

Eco tourism in Chisasibi

The Nation visited several eco-tourism ventures in Central and South America this past summer in hopes of encouraging eco tourism in Eeyou Istchee. To our pleasant surprise, one such venture was already up and running in Chisasibi. Run by Margaret and William Cromarty, Fort George Island Tours has been thriving for the past four years.

Trying to track down Margaret Cromarty was difficult, at best. Ironically, the only time we ended up catching her was while visiting the Chisasibi band office where we were trying to get an interview with the Chief, Abraham Rupert. At that time she informed us "tomorrow is a good time to go out (on Fort George island)."

Their season runs from April till October, after which time it is too cold to stay overnight in teepees on the island.

We met Margaret and her husband William at the community centre, and ventured out to Fort George Island. After a short boat ride across the water, followed by a bumpy ride to the cabin, we had arrived.

While on the island, it was surprising how many houses still remained, as well as how many people were having their homes refurbished in order to move back to the island (if only for the summer months). One couldn't help but wonder, if everyone had to move away 23 years ago, why were so many moving back?

The Cromarty's eco-tourism venture is located in a humble abode on the island with a few teepees in the back yard. This is one of two locations clients are brought to as part of the tour; the other is located around Kilometre 10.

As part of the tour, visitors get to experience what it was like in the old days, living off of the land. Guests come from all over the world to experience the traditional food, lodging and story telling that very few non-Cree people have the opportunity to witness first hand.

"People that are interested in nature

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JOB OFFER # 242
PLANNING AND MAINTENANCE ENGINEER
(Permanent) (Mill)

The Troilus Division is presently searching a **PLANNING AND MAINTENANCE ENGINEER** (Mill) to join their young and dynamic management team. The Troilus Division is a gold and copper open pit mine with a mill capacity that has been upgraded to 16,000 tpd. The mine site is located at 175 km north of Chibougamau by way of the "Route du Nord". The selected candidate will work on a 4-3 schedule (4 days of work, 3 days off) and will be lodged at the site's first quality camp.

Required qualifications :

To hold a Bachelor's degree diploma or the equivalent. To have two to five (2-5) years experience in engineering projects and preventive maintenance. To be a member of the Order of Engineers of Québec. Ability to identify, develop and implement concept innovation opportunities. Steel structure resistance knowledge. Demonstrate cooperation to fellow employees via support, availability and regular quality communications. Required advanced knowledge of the following softwares : MS OFFICE (Excel, Word). Good french and english required (spoken and written). Work experience in a multicultural environment would be considered an asset. Valid driver's licence required.

Main responsibilities :

- Control costs and delegated budget management related to mechanical maintenance;
- Ensure occupational health and safety investigation reports follow-up;
- Plan, arrange and supervise preventive maintenance activities and special projects;
- Manage mill's spare parts inventory, streamline, search for alternative, optimize some parts, process the inventory, etc.;
- Ensure the concentrator's maintenance costs budget follow-up;
- Perform engineering analysis and calculations such as : pumping, mechanical structure, etc.;
- Ensure continuous improvement process follow-up, system optimization and development of new systems;
- Supervise some work and support other workers when needed;
- Supervise work during planned shutdowns and replace the Mechanical Foreman during his vacations;
- Perform duties within limits set by company health-safety and environment policies and regulations;
- Perform duties with rigour, discipline and accuracy;
- Provide quality work within established deadlines;
- Collaborate with other department personnel to the achievement of common goals;
- Perform other duties as required.

Particularities and remuneration

Inmet Mining Corporation offers a competitive salary. The position is addressed to men and women. Inmet Mining Corporation encourages the hiring of Crees and thanks all applicants of their interest, but advises that only those selected for an interview will be contacted.

Those interested are to send their Curriculum vitae, not later than **NOVEMBER 12, 2003** to :

Human Resources Department
Inmet Mining Corporation
Troilus Division

Fax : (514) 521-8376 / (418) 748-3033
E-mail : troilus.rh@inmetmining.com

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Required qualifications :

To possess a college or university degree in mineral processing, in metallurgy or in an equivalent discipline. Have between seven to ten (7-10) years of experience in the operations of gold milling and base metals, including 3 to 5 years of pertinent experience in senior supervision, preferably, in the mining or industrial sector. To possess a strong leadership and excellent interpersonal and communication skills. The candidate must also have : a good knowledge of French and English, of mechanical components (essential) and of multi-cultural and mining environments (an asset). To hold a valid driver's licence.

Main responsibilities :

- Ensure the follow-up of the general objectives of the department;
- Ensure the coordination and the problem solving between production and maintenance of the mill;
- Prepare the budget and the follow-up of the expenses;
- Manage the labour relations;
- Ensure the manpower planning ;
- Manage health and safety;
- Participate to the evaluation, training and development of the department's employees;
- Perform all others tasks requested.

Particularities and remuneration

Inmet Mining Corporation offers a competitive salary. The position is addressed to men and women. Inmet Mining Corporation encourages the hiring of Crees and thanks all applicants of their interest, but advises that only those selected for an interview will be contacted.

Those interested are to send their Curriculum vitae, not later than **November 21, 2003** to :

Human Resources Department
Inmet Mining Corporation
Troilus Division

Fax : (514) 521-8376 / (418) 748-3033
E-mail : troilus.rh@inmetmining.com

and learning the Cree way of life, those are the ones who come to visit," said Margaret.

Prices for a stay on the Island range from \$25 per person for a 2-hour visit; to \$650 per person for a 5-day/4 night stay. Boat tours are also available and they range in price from \$30-\$75 per person.

Before starting their own business, the Cromartys worked for Mandow agency, which is an eco-tourism operation run by the Chisasibi band. Things didn't go as well with Mandow, and that was one of the reasons why they decided to start up their own venture.

In order to get off the ground, they had to apply to Aboriginal Business Canada for a grant. The whole process took three years to secure the money needed to purchase equipment and get started.

Now that they are getting older, the Cromartys are looking to sell the business. Running a venture such as this takes too much time and energy.

"Not as many people have been coming because of September 11th, when the dams were shut down. Then when SARS hit it really hurt us as well," she said.

Margaret described eco tourism this way: "You take nothing in, and you take nothing out. Just good memories."

The Cromartys would like to thank the towns of Matagami and Radisson for their continued support. The information centres there were very helpful, they said, especially Eric Hamel for promoting their eco-tourism venture from Radisson.

Those who are interested in purchasing this venture should contact Margaret or William Cromarty at 819-855-2800 or 1982.

Two Mistissini men sentenced in shooting

Two Mistissini men, Clifford Jolly, and Eric Meskino, have been sentenced to 34 months, and 17 months respectively for their part in two separate shooting sprees which cost the town of Mistissini over \$28,000 worth of damages.

The incidents took place on successive days last May 24 and 25.

During the spree the two assailants unloaded over 130 rounds into various vehicles and buildings. A volunteer firefighter was wounded in the arm by a stray pellet fired from Jolly's shotgun.

Meskino was found guilty on seven counts, including pointing, and shooting a gun at Police, and attempting to cause bodily harm to Police.

Briefs

Jolly was found guilty on 12 counts including careless use of a firearm, uttering death threats, intent to wound, maim, or disfigure, and use of a firearm while committing mischief, which is a charge that carries an automatic one-year minimum.

Christian Leblanc, the crown prosecutor for the case, said that both men's lack of prior criminal history was the main reason their sentences were so light. He also said that Meskino didn't fire at anyone, and that is why he received a much more lenient sentence.

LETTERS

Story pegs whites against natives

Sensationalistic journalism is meant to evoke a strong emotional feeling in the reader. There are times when sensationalistic journalism is necessary to bring certain newsworthy items to light to the public - as long as the news item is correct and accurate!

Your news item on Page 9 in the latest edition of the Nation (Volume 10, Number 23 - October 3, 2003) entitled "Church Sex Abuse: Two Solitudes," dealing with liability payouts to residential school survivors is wrong, inaccurate and in fact, evokes a strong negative emotion in your readers because it pegs whites against natives in a negative and inaccurate way. When my husband read the item to me, his remark was, "I wonder if there's some way I could be white."

First of all, the Federal Government has made NO blanket offer to former students of residential schools in Canada. My husband and I have worked on the Mohawk class action (both independently and together) since 1995 and continue to work on the behalf of survivors of that school from Waswanipi. We have had meetings with lawyers and representatives of the Federal Government's residential school resolution office as recently as this past June. At that meeting, we were assured that the framework necessary to formulate a compensation package offer to former students had not yet been completed and that a date for completion would not be until late this Fall!

Secondly, I was wildly surprised by the article's mention of an offer of a dollar amount of \$20,000 to former students of residential schools. By simple arithmetic, I can only surmise that the writer of that

article wrongly divided the amount agreed upon by the Anglican Church (25 million dollars) by the number of former students (1,200) and came up with the figure of \$20,000!

The Anglican Church made a deal with the Federal Government to cap the Church's liability in the amount of \$25 million dollars. This does not reflect the full extent of the funds available to survivors as compensation, it is merely what the Church has agreed to pay as their share of the liability payout.

Finally, I would ask that you print a correction to the item in the last edition of The Nation and present a full and accurate picture to your readers with respect to survivors' compensation with respect to their attendance at residential schools.

Rachelle Ottereyes
Waswanipi, QC

Editorial Reply

Dear Mrs. Ottereyes;

The story did not say there was a blanket offer of any type. The story read "the federal government offered an average of \$20,000 for the 1,200 residential school claims against the Anglican Church." This does not imply a blanket offer as various other denominations and types of residential schools were in existence.

We are not trying to peg whites against natives in any way. In fact, the article did not say the non-natives involved in other cases were white. We are simply pointing out a discrepancy and injustice in the treatment reserved for native victims of abuse. If people of other races are getting larger awards from the same court system than natives, I would call that not only unfair but evidence of discrimination.

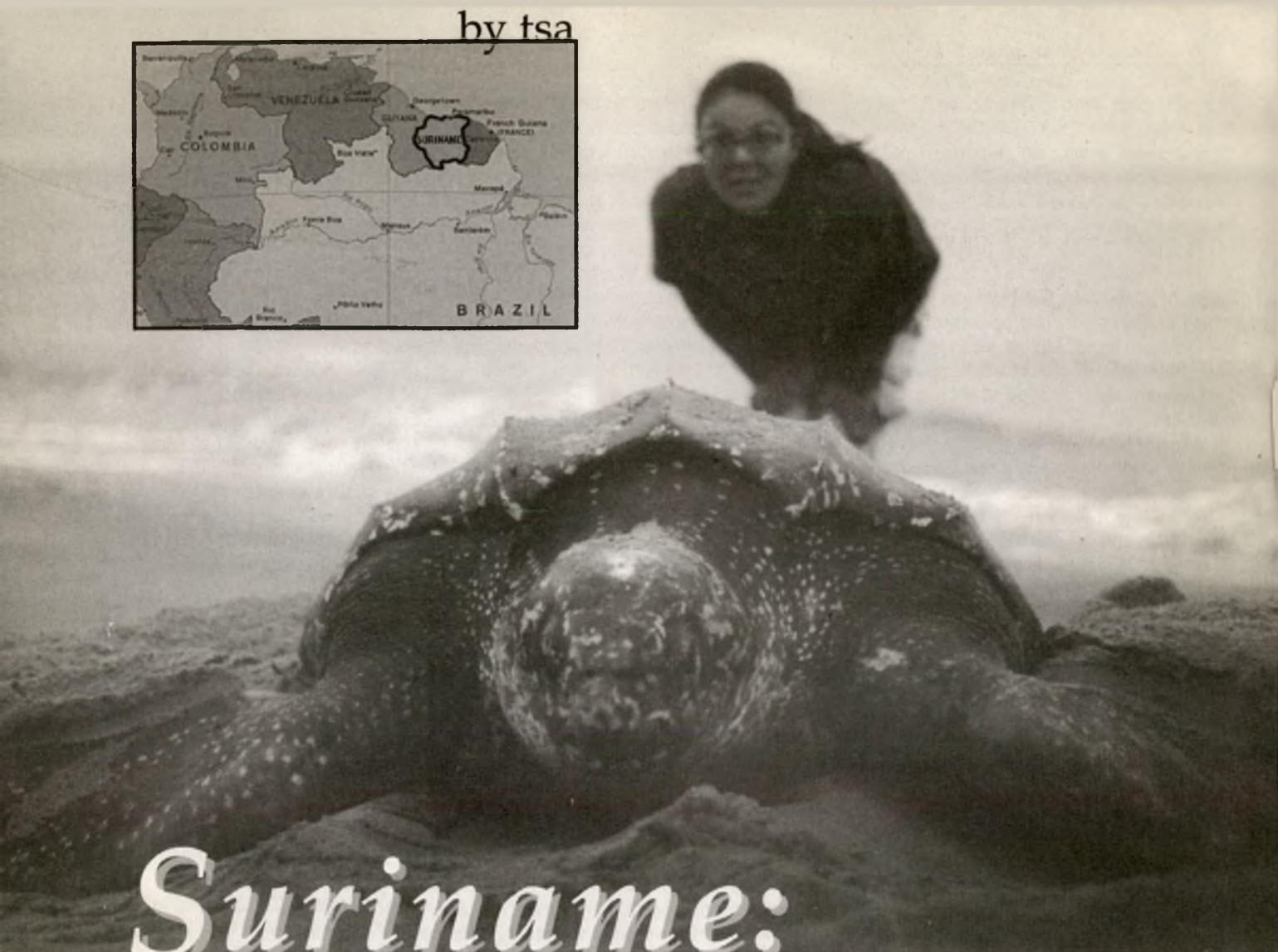
As for the figures, the agreement between the government and the churches says that the churches shall only be responsible for 30 per cent of the claims, or \$25 million, and the federal government would be responsible for 70 per cent. This sounds like an attempt to cap the liability. The figure of \$20,000 is used by the Assembly of First Nations.

The figures for payouts came from court documents and were printed in other newspapers. All the information is accurate to our knowledge.

Finally, it may interest you to know that I attended school at Moose Factory while it was a residential school.

I and the editorial board stand by the story and its tone.

Will Nicholls
Editor in Chief



Suriname: beyond appearances

Part 2 of 2

Just outside the villages to the north is the Galibi Nature Reserve. It is 11 miles long and a mile deep. It was designated as a reserve in 1969 thanks to the effort of STINASU, the Foundation for Nature Conservation in Suriname. It has four mandates: the coordination of scientific research; education and awareness; the stimulation of eco-tourism; and sustainable community development. In fact, it was the founder of STINASU, Goop Schultz, who originally coined the term "eco-tourism" back in the 1960's.

Tsa recently traveled to Suriname to study indigenous economic initiatives, eco-tourism projects in particular.

Produced with the support of the Government of Canada through the Canadian International Development Agency (CIDA)

Located in Paramaribo, STINASU offers two-to-seven-day tours to different nature reserves around the country. Brownsburg Park, Raleighvallen Falls and Galibi are the three main destinations. The first two are located inland. Galibi was set aside specifically because it is a sea turtle nesting ground. There are three species of turtles that use the area: the Olive Ridley, the Green Turtle and the Leatherback. As the government does not provide any funds for the preservation or management of the park, STINASU is responsible for the

“Before then, the natives were only dictated to.”

management and for the coordination of the turtle research. There is a camp located 30 minutes upriver from the Carib villages, called Babunsanti. It houses a research station, a lodge for the STINASU workers and volunteers, a tourist lodge that can sleep up to 20 people, and a lodge for the management team. Electrical power is provided through solar panels, the cleaning and shower water comes from a well, whereas the drinking and cooking water comes from vats that capture the rainwater. All the food and goods are transported in and all the waste and recyclable materials are transported out. The organic material is buried, as the Carib don't use compost. With the exception of the camp manager, all the other STINASU employees are Carib from the villages.



Carib transport to Babunsanti

The eco-tourism venture came about six years ago when the two sides agreed to negotiate. It marked a new direction for dealing with the native people. Before then, the natives were only dictated to. STINASU opened up a dialogue with them, giving them the opportunity to state their wishes and stipulations for the venture. Together they decided that as part of the tourist trip to Babunsanti, there would be a trip to the villages. STINASU helped to renovate a building to house

the Welcome Centre, which would be run by the women's organization, and train the guides. STINASU asked if a road could be built from Albima to Galibi, or if a helicopter landing pad could be built, but the Carib refused. STINASU has respected the Carib decision. The Carib guides compiled a code of conduct for the tourists in the villages regarding dress and where they can walk. Because the nature reserve is within their traditional hunting grounds, it was stipulated that the Carib could still hunt and gather as they always have, with the exception of turtle eggs.



The only mode of transportation on land in Galibi

The trips offered by STINASU consist of a two- or three-day stay. The guests are driven from Paramaribo to Albima, then by boat to Babunsanti. At the Warana Lodge they are given the rules of conduct around the turtles: it is forbidden to walk the beach at night without a guide, not to shine light on or take flash photos of the turtles when they are nesting. Afterwards, they are free to explore. It is a chance to relax in a hammock and try fresh coconuts and cashew fruits straight from the tree. There are walks into the jungle to explore the vegetation and a guided walk along the beach at dusk to

“it was stipulated that the Carib could still hunt and gather as they always have, with the exception of turtle eggs.”

search for hatchlings. Another guided walk is offered around midnight to witness a nesting and again at 4 am. With over 30,000 nests a season, it is one of the largest Leatherback nesting grounds in the world. They are gentle giants that come in droves, 7 to 10 times a season, which is from April to August. The nesting process takes between 60-90 minutes. If lights or camera flashes are seen, it will scare them back

into the water or draw them away from the water inland, where they will die.

On a two-day trip, there is a three-hour stopover in the Carib villages on the way back to Albima. Here tourists have



Olive Ridley hatchling found at the bottom of a three day old nest

a chance to walk through the villages, only if accompanied by a guide. They visit the Welcome Centre for souvenirs and attend the cultural show before returning to Albima.

The members of the Women's Organization make the souvenirs: jewellery, pottery and woven products. Each woman brings their wares to the welcome centre, where a tag is attached stating their name and the cost. When an item is sold, the information is noted in a ledger. At the end of the month, each woman collects what she has sold, minus 10%. The cultural groups also receive a stipend for the shows that they provide. For every tourist who visits the villages and the nature reserve, the equivalent of \$3 CDN is put into the

"For every tourist who visits the villages and the nature reserve, the equivalent of \$3 CDN is put into the village account "

village account. STIDUNAL (Carib Non-government organization) then decides what will be done with the money. About 4,000 tourists a year visit the area.

By most accounts, the venture has been welcome and successful. But there are a handful of people who are not happy, including some elders of the community who see it as an invasion of privacy. The guides are aware of who it bothers

CIDA FUNDING in Suriname

Canada has a long history of providing funds for development in Suriname. Since 1974, over \$2 million has been disbursed through CIDA channels. The CIDA-funded Canada Fund for Local Initiatives (CFLI) disbursed over \$200,000 for nine projects last year alone. The year before, that amount was \$188,000.

An example is Tangi Na, a women's organization in a remote community that had inadequate medical care and school facilities. \$19,000 was allocated for the construction and renovation of the kindergarten and medical clinic. Foundation Harmikrosbe received \$20,000 for the construction of a community centre in Coronie District, which has traditionally been neglected by the Surinamese government. Basic life skills, agriculture and crafts-training sessions will be given in order to integrate women in the development process and strengthen their economic productivity.

These are just two examples of CFLI's goal to contribute to the fulfillment of basic human needs and sustainable development. CFLI pays particular attention to projects that benefit those areas that do not receive adequate attention or funding. These include those that pertain to the youth, health issues, the environment, remote communities, the elderly and women.

Of the nine projects funded in 2002-2003, one was for the protection of the environment, two were to improve water supply and sanitation, two were for women and development, and the remaining four were for health and education development.

Beesum Communications, The Nation Magazine and the author wish to thank the Canadian International Development Agency (CIDA) for their support with making his project a reality. A special thanks to Harry of STINASU for facilitating and entertaining, and to the Carib for their cooperation and hospitality.



and try to stay away from their territory. It has proven to be a viable, money-making enterprise. Now almost every one in the community benefits directly or indirectly from the venture. STINASU has funded other projects in the villages, such as the replacement of the school's roof and building a new health clinic. Other projects that STINASU and the communities are looking into are ceramics training and exploiting the abundance of fruits and nuts that are so readily available. The cashews, mangos and honey could be turned into lucrative products such as jams or chutneys.



Assorted cactuses
in the jungle near Babunsanti

The Carib are not only deriving incomes from STINASU. One of the spin-offs is that some families have built tourist lodges. They offer boat transport from Albima and lodging in the village. The lodgings are very rustic and minimal, consisting of covered hammocks, or beds, with access to a kitchen, showers and toilets. Guests must bring their own food and bedding. The cultural show was also their initiative. The shows they put on for the tourists are considered rehearsals for ceremonies. In a sense the venture has spurred them on to preserve traditions that are in danger of being lost.

"The shows they put on for the tourists are considered rehearsals for ceremonies."

Within three years, STINASU hopes to hand over the management of the nature reserve and the eco-tourist venture to the Carib. STINASU will remain as the umbrella organization. The Carib have to learn about management

reports, regulations and how to deal with the government, and organizational structure. The tours still do not bring in enough money to cover all the costs of running the lodge and managing the nature reserve, but the Carib seem ready and willing to take on the task.



Volunteer Marcus digging up
Leatherback nests for research

The eco-tourist venture here works very well. The locals are pleased with the income that it generates and with the input they have been given. It has allowed them to preserve



Harmonious living: you be nice to
nature and nature is nice to you.

their traditions, learn new skills and develop a network, locally and internationally. Their goals for the future are to obtain the rights and title to their traditional lands and keep preserving their language and culture.

Be sure to pick up a copy of the next Nation in two weeks time, where we'll feature Ecuador indigenous eco tourism ventures.



Vincent's stuffed cat's amazing journey

Once upon a time, there was a four-year-old boy named Vincent, who received a grey stuffed cat for Christmas. Vincent named it "Chat" and they became very close friends.

One day, the little boy, his mother, his father and his big brothers Leo and Felix went on a boat trip with guumshum Bobby Snowboy and two of his great sons. They were planning to go from Chisasibi to the annual Gathering in Whapmagoostui. Vincent really insisted on taking his stuffed cat with him: he thought Chat would be too sad to stay home alone and he promised to take good care of him. The little boy sat in the boat holding tightly his stuffed friend. It was a beautiful day and all the family enjoyed the trip and saw all kinds of birds: ducks, loons, goose, etc. They got to Cape Jones during the afternoon, but, because it was getting very windy, they decided to camp there for the night.

The next day was still windy so they slept over another night. At the end of the next day, the family went to play hide and seek on the rocks. As always, Vincent took his stuffed cat with him. The next morning, since the weather was not getting better, they decided to go back to Chisasibi. On the boat, they noticed Vincent had lost Chat. The last time he had it with him was when they were playing on the rocks. The cat was certainly hiding somewhere, waiting for his little friend to find him. Vincent was very sad and worried: maybe a bird, a wolf or (who knows?) a polar bear would swallow his stuffed friend! His father was planning to go back with Bobby to Seal River and promised his son he would try to go back to Cape Jones to find Chat. When Fred, the father, finally went back to Cape Jones, he met an Inuit family who was camping there. He told them about the story of the lost cat and went on the rocks to look for it. After searching for a long time, he decided to give up. He finally got back home and announced to Vincent that his stuffed cat was probably lost for ever. Vincent was very disappointed and kept saying many times a day he was missing his friend.

One day, someone told Fred that the stuffed cat had been found and was at someone's home in Whapmagoostui! From what we understood, the Inuit family had found the cat after Fred had left and they took it back home with them to Umiujak. Soon after, they sent it with someone to Whapmagoostui. The person in Great Whale contacted a relative in Chisasibi by bush radio and this person told us the news! It was incredible! We were amazed by the long journey of the small stuffed cat and very touched by the kindness of all those people.

Fred was planning to go to Whapmagoostui for a summer visit and he thought he would easily find the cat when he was there. But one day, as he was working at the Googooms' kitchen restaurant in Chisasibi (he is a Chef), some people from Whapmagoostui came to him and gave him the stuffed cat. Fred could not believe it. He was in the rush hour and just had time to take the cat and thank them before going back to work.

The next morning, when Vincent got up, he found Chat standing on the couch, staring at him and waiting for him. Vincent screamed, grabbed it and hugged his lost friend in his little arms. We told him the whole story about all the people who helped to bring his cat back home. Vincent is so happy to have his stuffed friend back! He promises he will never take it on a boat again: only on a car or a plane trip!

Vincent, his brothers Leo and Felix, Fred and I would like to thank every person who helped so kindly to bring "Chat" back home! We are very touched by their generosity and we will always remember and cherish this story.

It has been almost 10 years that we have lived in Chisasibi and we are about to leave soon. We would like to take this opportunity to thank all the Cree, Inuit and non-native persons who gave us their friendship and with whom we share beautiful memories. Our three sons did their walking out ceremonies and we enjoyed sharing and learning about your rich culture. We are leaving because we have other dreams we want to realize but, for sure, we will come back and we will never forget our friends and their beautiful land. Every culture is rich and unique but above all, we are all members of a big family called: human kind! We wish a bright and beautiful future for all your children and we will keep you deeply in our hearts!

We have a French song saying:

"Ce n'est qu'un au revoir, mes freres, ce n'est qu'un au revoir!"

With love from our family: Ginette Moreau, Frederic Caussan, Leo, Felix, Vincent and Ludivine (their big sister).

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POLICE NEWS - MISTISSINI POLICE

PERIOD OF OCTOBER 13 - 19, 2003

Mistissini Police will now be giving regular updates of incidents within the Cree Nation of Mistissini. During this past week there were 22 files opened with Mistissini Police including six cases of mischief, two motor vehicle thefts, four cases of break and enter and two cases of sexual interference.

Theft of Motor Vehicle – The first incident involved the theft of the Meechum Store Van, which was later found on the Route du Nord. Connected with this theft was a break-in of the shed belonging to Mistissini Group Home. One person has been charged, but as a minor cannot be named. The second incident involved the Fire Department Rescue pickup. It was stolen from the front of a residence in the early hours of Saturday October 18 in Mistissini. The vehicle was found on Cigam Road near Chibougamau. The theft is under police investigation with damages estimated to be \$8,000 to \$9,000.

Break and Enter – There were three incidents of break and enter on Main Street this past week. A and D Gas Bar lost \$259 when someone broke in through their front door. The Band Council was also vandalized and an undisclosed amount of money taken from vending machines. Quickstop Restaurant was also broken into and 30 cases of pop were stolen.

Sexual Interference – One case has been forwarded to the Crown for prosecution and the other has been referred to Youth Protection. No further information to be released.

PREVENTION

Concerning the recent rash of thefts of vehicles it is advised to ensure that vehicles are not left running and that car keys are removed.

Citizens are advised to let neighbours and police know when you will be out of town so that your residences will be

under watch. Also it is advised to leave all curtains and blinds open. Businesses are recommended to be equipped with an alarm system and deadbolt locking for all doors.

Recently the Mistissini Police have had major involvement with the Voyageur Memorial School – at the elementary school concerning violence and behaviour and drug interventions at the high school.

Parents are also advised to ensure the safety of their children at night. Pick up your children or walk to escort them home. Children and youth should use the buddy system when out after dark – never walk alone.

Finally, with the newly paved roads in Mistissini and also the highway to Chibougamau, motorists are asked to take extra caution when driving in icy conditions during the winter.

Reported by Jeff Spencer

Roadblock closes Chisasibi after police officer's suspension

continued from page 5

be considered illegal. There would be repercussions for a walk out that could include a reprimand, or a possible suspension.

The officers then rescinded the threat.

Then on Tuesday, Oct. 21, Clarence Snowboy was informed that Harry Snowboy and Larry Ross wanted their suspensions clarified. A letter was sent to both of them stating that as part of their suspension, they are not to interfere in police matters, and were barred from contacting the police station for the duration of their suspension. They were also informed that their sole contact to discuss any police matters would be Clarence Snowboy.

Complicating matters, Ross was staying with another police officer in Chisasibi. This was seen as a conflict with his suspension and because of this, Director Snowboy ordered that for the duration of his suspension Ross would have to leave the community, pending the results of the investigation.

When Ross met with Clarence

Snowboy, he was given the outlines of his suspension. Ross replied that he felt they were illegal and unjust. Ross then proposed a severance package in order to walk out quietly, and after some negotiations, the package was grudgingly accepted and Ross resigned.

"There was no due process, therefore no justice, and I knew I wasn't going to get any," Ross explained. "I was told to leave and never come back to the community by Clarence Snowboy, and I have a witness to back me up."

Then on Wednesday, Oct. 22, some members of the community erected a roadblock in support of Ross. Their aim was to stop him from leaving the community, and to get a public meeting with the Chief and Council. Ross claims they collected a petition of over 2,000 names.

"If your boss feels he has to suspend you, then that's what should be done," said Chief Rupert. "But by putting up a roadblock, it shows that the people are serious and they want their voices heard,

and that's exactly what we're going to do."

A community meeting the night of Oct. 22 heard many complaints about the administration of the Chisasibi force. "The Chief and Council have final say as far as reinstatement is concerned. As in any case, there are two sides to the story, and we wanted to hear both sides," said Rupert.

Many people did not want to see Ross leave, but it was too late. Ross said that he spoke to the community to thank them for their support, and received a standing ovation. "The support I received from the community was overwhelming, and it's something I'll never forget," Ross said.

When asked whether he would go back to Chisasibi if given an opportunity, Ross replied, "Yes, I would, but only if the suspension was rescinded, and the political interference into the affairs of the police department stopped. I would not go back on their terms, I would go back on the morally right terms and not the politically right terms."

BEESUM ART CONTEST

Would you like to have your art on the COVER of an exclusive publication?

We'll look no further! Beesum Communications is looking to give someone a chance at this year's cover of the James Bay Cree Telephone Book.

Send us your artwork, sample or photo and you'll be eligible for a CASH prize.
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Deadline is December 15, 2003

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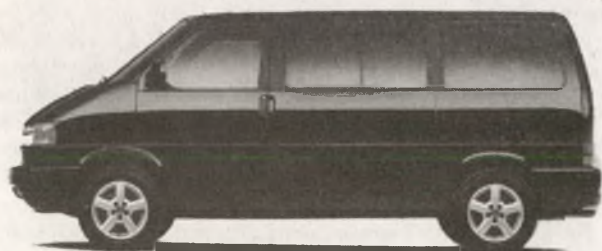
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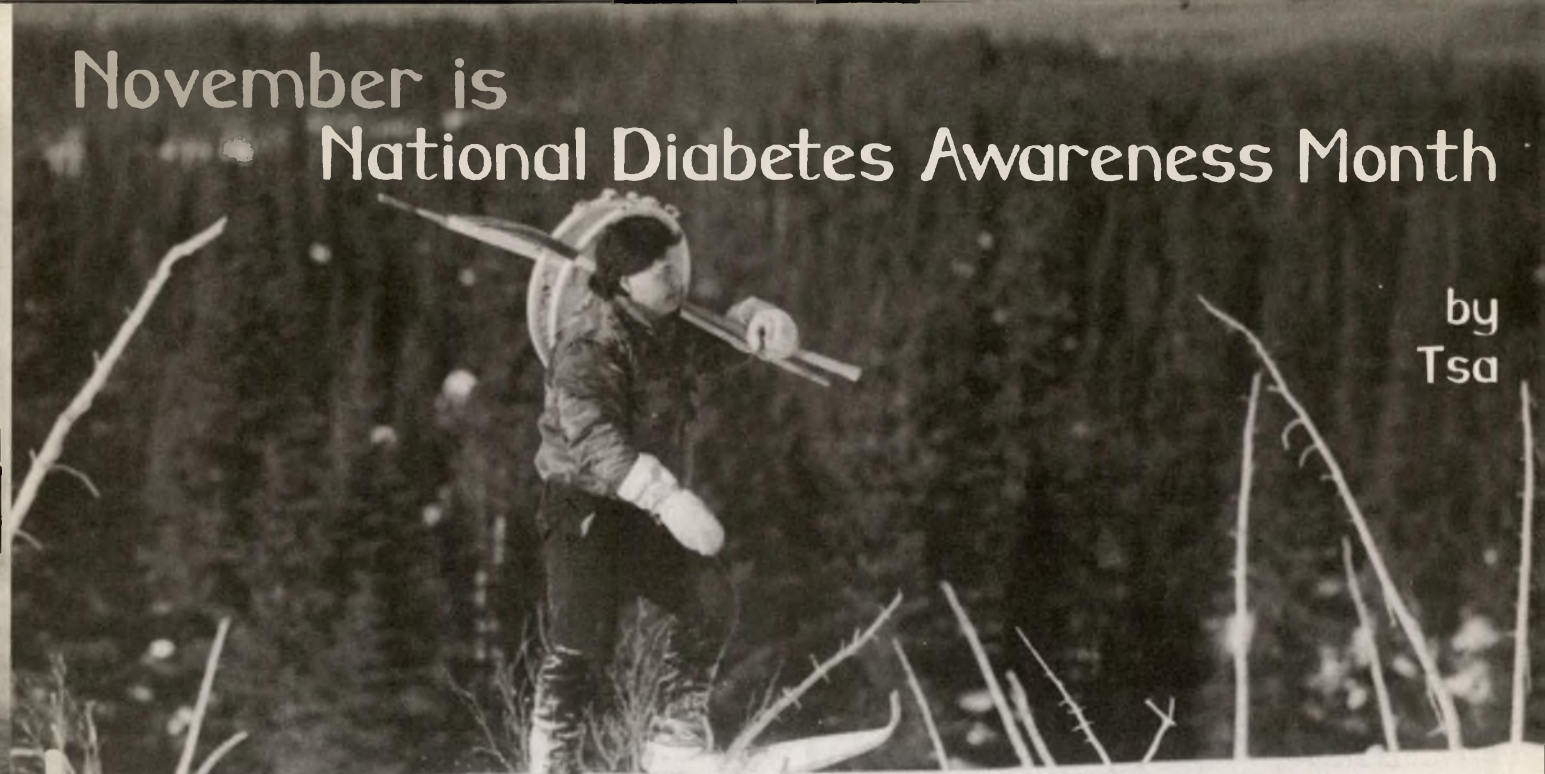
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November is National Diabetes Awareness Month

by
Tsa



It has become a disease that is referred to as an epidemic amongst the Aboriginal populations. One out of every seven Aboriginal people has diabetes. In the Cree communities of Northern Quebec the number is even higher. Out of a population of roughly 14,000 people, 1,076 people have been diagnosed with the disease. 15% of those over the age of 20 have diabetes, one out of every two women between the ages of 60-69 has diabetes. Amongst the Cree, almost two-thirds of the cases are women, while in the rest of Canada, 60 per cent of the cases are men. The age of those being diagnosed is getting younger, where as it used to be a disease that affected those over 50, now one in three cases are below the age of 50.

These are the cases that are known. The World Health Organization (WHO) says that for every known case of diabetes, there is one unknown case. WHO also predicts that within the next 25 years, diabetes will become one of the world's main disabling and killers. Those are pretty scary facts. Which is why something like National Diabetes Awareness Month cannot go by unnoticed. It is a disease that affects all of us either directly or indirectly and therefore something we all need to be aware of.

There was no known case of diabetes amongst Aboriginals in Canada before the 1940s. In the Cree communities, the first known case was even later, coming in the 1970s. The rise in the number of cases is directly associated with changing lifestyles, after the whole reservation idea came into reality. People went from one extreme lifestyle to another in 30 short years. Back in the day, everything involved a lot of physical labour, from morning until night. From having to chop wood to stay warm, fetching the water for cleaning and drinking, hunting and gathering for meals to survive. Now we only have to turn up the thermostat, turn on the tap and open the fridge. Our dependency on all these so-called luxuries has put Aboriginals at risk for this potentially deadly disease.

The best thing about this disease is that it can be controlled. A slow change in lifestyle again and one can stay healthy and live a long life. The key is education: awareness and the eradication of the negative stereotypes and stigmas that are associated with the disease. Diabetes is a disease in which the body cannot properly use and store sugar (or glucose) needed by the body for

energy. Sugar needs insulin to enter the cells in the body so that it can be turned into energy. If the pancreas gland is not working properly, then insulin cannot be made. If there is no insulin, then the sugar stays in the body, building up in the blood or flowing through the kidneys into the toilet. Hence, the sugar is not being transformed into energy and one feels sick. The tricky thing about diabetes though is that sometimes it can't be felt in any detectable way and many people are not even aware that they have the disease for years.

You can't catch diabetes like you do a cold or the flu, you can't get it through body fluids as you do sexually transmitted diseases. Sometimes genetics has it programmed within you from the day you were conceived and sometimes an unhealthy lifestyle will bring the disease on. There are four major underlying factors that pertain to Natives and the Cree that put us at a higher risk of being diagnosed with diabetes: 1 - inactivity, 2 - obesity, 3 - being of aboriginal descent, and 4 - a direct family member having diabetes.

Finding out if you have the disease is as simple as one little blood test. Here are 5 signs that you might have diabetes. 1. Always being thirsty; 2. Having to use the bathroom a lot; even at night; 3. Always feeling tired; 4. Blurry vision, and; 5. Numbness in hands and feet. If you have one or more of these symptoms, then you should get tested! The sooner you know if you have diabetes, the sooner you can start taking care of yourself to prevent the progression of the disease. It can lead to serious health consequences, such as blindness, kidney failure, heart disease, amputation and impotence.

The most important thing to realize if you do have diabetes is that it is not your fault; it is nothing to be embarrassed or ashamed about. You can fight the disease by taking your insulin, eating healthy, being active and being aware of what diabetes is, how it affects you. Establishing a good support network is key. If someone you know has diabetes, then learn about it and learn how you can help.

In 1998, the federal government announced The Canadian Diabetes Strategy. It was a five-year, \$115 million strategy to begin to deal with the issue of diabetes, which was seeing a real surge in numbers at that time. Of that, \$58 million was allocated



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 Cree Board of Health and Social Services of James Bay

REHABILITATION MONITOR

TEMPORARY PART-TIME (17.5hrs/wkly).

NEMASKA SERVICE - HOME & COMMUNITY CARE

The Rehabilitation Monitor will work under general supervision of the Physiotherapist, Occupational Therapist, and/or Speech Therapist. The Rehabilitation Monitor will be directly involved with the Home and Community Care team. He/She will be implementing activity or learning programs in the fields of specialized trades in order to foster the development and rehabilitation of beneficiaries. May participate in team meetings dealing with the development of learning and activities programs.

TYPICAL FUNCTIONS

- o Provides technical assistance to the rehabilitation staff when providing direct care to the clients.
- o Provides assistance to the client when he/she is doing the prescribed activities.
- o Monitors the status of the client between the therapists' visits.
- o Allocates and install adaptive aids in the client's house and/or working environment.
- o Takes care of inventory control, purchasing and maintaining of the adaptive aids.
- o Maintains statistical record of its activities.
- o Records the client's information in the medical chart.
- o Participates in the Home and Community Care team meetings.
- o Acts as a Translator for the rehabilitation professionals, if necessary.
- o Maintains up-to-date lists of clients to be seen by the rehabilitation professionals upon their next visit to the community.

SPECIFIC CONDITIONS AND QUALIFICATIONS

- o High School diploma
- o Strong interest in providing health care to people with special needs, either at home or at the clinic
- o Willingness to be involved in a formal training process possibly leading to a certification (may include academic activities outside the working hours, e.g. study or home works)
- o Reliable, long-term commitment
- o Bilingual Cree and English (at least minimal ability to translate)
- o Competent in reading and writing in English
- o Available to travel during the training period and as required by the type of position
- o Good interpersonal skills and ability to function within a team environment
- o Ability to take directions from several people and maintain effective work flow systems

COMPENSATIONS/BENEFITS

The weekly salary varies from \$528.89 to \$607.91, depending on the working echelon. The Northern disparity premium is of \$7,993. or \$14,089. depending on the incumbent's status (single or with dependents).

The persons interested in this position are asked to forward their résumé by October 31, 2003 to:

Charlotte Moar
 Recruiting Agent - Special Projects
 Cree Board of Health & Social Services of James Bay
 CHISASIBI (Quebec) J0M 1E0

Tel: (819) 855 9010 ext. 5359

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November is National Diabetes Awareness Month continued

to the Aboriginal Diabetes Initiative (ADI) to begin to address the epidemic that Native people were seeing in their communities.

In the Cree communities, there is a Regional Diabetes Initiative (RDI) that is run by the Cree Health Board. The RDI is at work right now in all nine communities. Their goal is to get the information and holistic treatment programs into the communities through the clinics, CLSCs and healing centres. They help the patient understand the nature of the disease. RDI, although very much under-funded, has taken on the task of educating the public and raising public awareness. With nine communities to serve, RDI has to tailor their approaches to fit each community. What works well in one community may do nothing for another.

RDI manager Paul Linton says the major obstacle is the lack of proper information that the patients are receiving from their doctors. He says the hardest part is "educating the patients, telling them that it's not their fault, it's just that their pancreas doesn't work. We need to sit down and take the time to explain to each individual what is going on, what the insulin does, why they need to take it. We need to take the whole family into consideration so they can all work together. We need to have a consistent and understandable message to give the population."

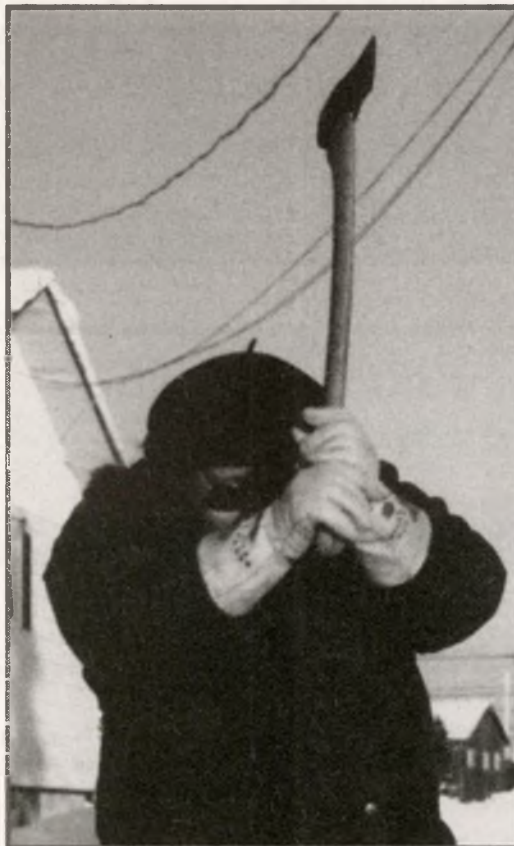
RDI has been very active raising awareness in the communities. Besides the annual Wellness Walks, they have started a 100 Mile Club, in which one has to walk a hundred miles in a hundred days. There is a Healthy Living, Active Living program in Mistissini, where 15 to 20 people meet on a weekly basis to discuss issues they have about the disease. RDI is encouraging communities to build and maintain safe walking and hiking trails to get people moving. You may have noticed some place mats in the restaurants promoting awareness and providing some healthier lifestyle tips. RDI began a food-labelling program in stores, with signs pointing out healthier choices with healthy messages.

For this year's awareness month, there will be posters, radio ads, a radio show and a newsletter that will be available in clinics and band offices. They are currently working with the cooks of the restaurants in the Cree communities to bring in healthier methods of cooking. Something as simple as frying in vegetable oil rather than lard reduces fat intake. They are also going to be approaching the restaurants to encourage them to offer healthier alternatives. This November will also see a diabetes website aimed specifically at the Cree; check out www.creedabetes.com sometime soon for anything you may want to know about the disease.

It is overwhelming to deal with disease, which is why RDI has a holistic approach to diabetes. It's not just about taking the insulin shots or regular testing or only eating healthier or

walking some more. All these things need to be done together. And family support is extremely important, community support is important too. It may be difficult to change your own lifestyle simply because someone you know has diabetes, but there is strength in numbers. If the whole family decides to eat healthier and get more active because one family member has diabetes, then the whole family benefits.

Linton says he has seen a lot of progress in the past 18 months within the communities. "People are walking more, I see them out on the streets more. The morale is up, people are talking more open, they are willing to talk about it, there's more interaction. In general more people are taking responsibility for their health. Overall the RDI program is going well, but it needs to be expanded with more resources going into it."



Of that \$58 million allocated to the Aboriginal Diabetes Initiative, the Cree received only \$206,000 this year. Divide that by the 1,076 known cases and it works out to \$191 per person this year to help them. That's not counting all the education and awareness for those who are not diagnosed. Linton estimates that they are \$1.6 million short of the funds they need to really do their job well. His voice lifts when he mentions that at least the Grand Council is aware of the problem, a small step for now. He encourages everyone to take the little bit of time to get tested. Call your local clinic, CLSC or healing centre and they will set up an appointment for you. It's better to know than to worry!

Some healthy tips when eating!

Choose baked bread or bannock rather than fried. Choose bread or bannock made with whole-wheat flour or oatmeal rather than white flour. Choose fruits and vegetables

that are a variety of different colours, and remember that — cup fruit juice is one serving of fruit! Don't peel the skins off those fruits and vegetables that don't need to be peeled, this is where most of the fibre and vitamins are found. Choose low fat milk — 1% or even skim milk. Choose lower fat or fat free milk products such as fat free yogurts, less than 20% M.F. cheese and 1% cottage cheese. Trim the fat off all meat; eat wild game more often than store bought meats. The little things like jams, syrups, honey, sugar, Kool-aid, Tang, butter, donuts, candy, cream and chocolates should be consumed sparingly. Use vegetable oils instead of lard when frying and when possible bake instead of frying. Don't order pizza or fried chicken at the restaurant, look for healthier alternatives, request some if none are available.

Positive thinking goes a long way in matters of health too. So stay positive, acknowledge your achievements, even if it's as simple as choosing a fruit juice over a soda pop or walking to the store instead of driving. The little things add up. You are your own superhero! You can do anything!

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UNDER THE NORTHERN SKY

When The Lights Go Out, We Will Survive

by Xavier Kataquapit



We live in a world where we depend on services such as electricity and natural gas. Everything we do seems to involve turning something on. We keep our food stored cold in coolers, preserve food for future use in freezers then cook our meals with the help of microwaves and stoves. At the same time we live in a home where our world is lighted with electric bulbs or halogen lamps. At work we spend time on the computer, phone and fax to complete our tasks or communicate with others. When we are sitting quietly and resting, electricity powers our televisions and entertainment systems to comfort us and most homeowners in the south use natural gas to stay warm.

Life up north on the James Bay coast is also dependent on electrical power. Our situation is much the same as the south when it comes to power but people are more comfortable when a blackout occurs. It is common in Attawapiskat to have regular power outages due to the use of a diesel generating station. It wasn't too long ago when electric power did not exist in the far north. I am the first generation to live with all the modern comforts of today. My parents and others from their generation grew up in a world where there were few conveniences. As a matter of fact that was only a couple of decades ago.

Imagine living a life without any electricity. I shared a glimpse of this lifestyle with my brothers and sisters when our parents took us out to visit the land on regular excursions. Both my mother Susan and my father Marius were perfectly comfortable without any electrical power. Everything seemed more relaxed and comfortable without the blaring of a television set and its hypnotizing commercials or the sound of modern music playing in the background. Our time was spent around the warm glow of a fire at night and under the sun during the day.

Mom grew up north of Attawapiskat on the James Bay coast on the Nawashi River just south of the Polar Bear Provincial Park. She has told me many stories of what it was like growing up back then. She lived with her brothers and sisters, as well as uncles, aunts and grandparents who all worked together for the survival of the whole family. In the spring, men and sometimes women hunted for geese

that were brought back to their camp. The birds were then plucked, gutted, prepared and cut to smoke over the fire. They lived in a log home that accommodated their large extended family. In the winter they kept warm around a large wood stove they used for cooking and heating. I can imagine mom as a young woman, by the light of a dimly lit lamp spending time with her sisters and brothers recounting their day of adventures on the land. This all took place in the 1960s and 70s.

Dad was born and raised on the Attawapiskat River and also grew up with a large family. He lived his early life on the banks of the Attawapiskat River. As a child he lived a life that depended on the land and the food it provided. People tried to store away food for future use but this was difficult during the warmer months of the year. He experienced many times of famine along with his other family members due to the fact that food had to be harvested on a regular basis during the summer. There was no grocery store around the corner. If the food was not available, there were few preserved meals to turn to. People had to work every day to survive on the land.

Most people take our modern conveniences for granted and we all expect that they will not fail us. During the blackout this past month, living without electricity became a reality for a short period of time. I think it was a wake up call for me and I think for many people and made me realize just how dependant we are to the perpetual flow of electrical power.

What would happen if we lost most of our electrical supply and our natural gas flow? Wow what a thought. It would be a real horror show if it were for long. Strangely enough I am very happy that I was raised without having to depend on any of these luxuries and I know it would be possible for me to survive without them. However, it would be the utter chaos and panic of modern day people that would cause the real problems. Life in Attawapiskat would simply revert to what it was like 20 years ago. I guess being ignored by progress all those years kept us close to the land and dependent on mother earth. When the lights go out, we will survive.



The Cree Mineral Exploration Board was created as a result of the signed agreement (Paix de Braves) between the Cree Nation and the Quebec Government. A five year implementation agreement was signed for funding purposes between the Cree Regional Authority, Cree Mineral Exploration Board and the Quebec Government.

The main purposes of CMEB includes amongst others the following:

- 1) assist the Crees in accessing mineral exploration opportunities;
- 2) facilitate the development of mineral exploration activities by Cree Enterprises;
- 3) Facilitate and encourage the access by the Crees and Cree Enterprises to regular Quebec program funding and other encouragements for mineral exploration activities;
- 4) Act as an entry mechanism for offers of services by Crees and Cree Enterprise in the field of mineral exploration.

Furthermore and according to the Annual Program of Activities – CMEB (2003-2004), the board promotes, initiate and support training programs, and furnish assistance to job development, placement. The CMEB provides also geological and geosciences based expertise to the communities and the individual exploration. This includes guidance to the geosciences data and environmental impacts assessment.

If you are a Cree and are considering to submit a proposal to the CMEB please get in touch with the Chief Geologist Youcef Larbi in Wemindji at 819-978-0264 extension #327. The next meeting of the board is scheduled for November 28th, 2003.

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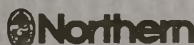
2003 President's Awards

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Sylvain Houle from the Northern store in Chisasibi was recently awarded The North West Company's President's Award for Excellence in Enterprise. He was in Winnipeg to accept his award at the 5th Annual Recognizing Excellence Evening. Through the Recognizing Excellence program, The North West Company can celebrate the achievements of employees, like Sylvain, who is an excellent example of how determination, creativity, and spirit can bring success. Congratulations on your award, Sylvain!

The North West Company Inc. (NWC) is North America's leading provider of products and services to northern communities across Canada and Alaska. NWC is a multi-channel retailer operating 154 food, family apparel, and general merchandise stores under the Northern, NorthMart, and Giant Tiger (under a master franchise) banners, plus Selections catalogue in Canada, and 23 AC Value Centers in Alaska.

Sylvain Houle
Department Manager, Chisasibi



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CLASSIFIEDS

Place your *Nation's* 10th anniversary classified OYE, OYE.... DO YOU LOVE THE NATION? Dear readers, we are preparing the Nation's 10th Anniversary special issue and would love to get feedback from you. Send us your message and share your thoughts (good or bad) about the Nation. And watch for this special issue on November 28th 2003.

100 - BIRTHS

We would like to thank the Creator for another one of his beautiful daughters and for choosing Kizis and Betty as her parents. We love the entire 8lbs. 11oz. of you Kyra Beki Angelie Mitchell. From all of your loved ones...

I want to Congratulate My Niece and baby sister Betty Blueboy and Kisis Mitchell on the birth of their beautiful baby girl. KYRA BEKI ANGELIE BLUEBOY-MITCHELL, Born on October 3rd 2003, in Val-d'Or at 7:17am weight 8lbs, 11ozs. With love Barbs

101 - BIRTHDAYS

On August 11, my son Brendon Lee John Shecapio Blacksmith celebrated his 8th birthday. Man! I can't believe that 8 years have gone by already. Regardless of the years that have gone by and the many years that will follow, my love for you will never change, simply because you're the one and true love of my life. I know you may not understand many things, but I hope you understand when I tell you that I'm always going to be there for you and there's nothing in this world that can ever change that. I thank God for giving me you, the one who made my life a difference, and the one who makes me want to be a better person. I love you with all my heart and with all that I have. PS. I know this is late...better late than never right? Your Mommy, DarleneXXX

I would like to wish my drinking partner, the most eligible bachelorette of all

nine communities, my friend but most importantly my sister a Happy Birthday on the 15th of October. Happy Birthday to Darlene Shecapio Blacksmith who will be celebrating her 7th Birthday(don't wanna say) in North Bay. Just to let you know that I love and miss ya lots and I definitely wouldn't trade you for a slimmer nor a prettier sister, you got it going on girl! Well I hope you have fun on this day...wait, what am I saying, of course you will you party animal! lol! And I hope I'll see you guys soon and I will try to come down sometime but I ain't promising nada!...and no I won't forget to bring my lil "Tigger". So once again, Happy Birthday and don't forget to party...no actually I take that back, I hope you forget to party- yeah right! Haha! Sending our Love to you and Brendon from the both of us, Joy and Eadan, Ojay.

We would like to wish a happy belated birthday to a special mom & a loving wife JENNIFER T.SHECAPIO, never forget Jenn we will always be there for you. How old are you now? LOL ENTER, happy birthday mom and many more to come. Love always: your daughter Adora (shabadydoo)&your husband Phillip Shecapio.happy-b-day LOVE...

I want to wish a very belated Happy 1st birthday to my namesake Skyler Gordon Winston Whiskeychan on Sept 4th (in wask) Hope you had fun on your birthday, sorry i wasn't there, but i thought about you on your birthday. I hope you got every thing you wanted. (Whatever it was) take care and love ya, oh yeah keep smiling. Love your namesake Barbara .R. Hester

Belated birthday wishes going out to these people in Waskaganish!!!! My nephew and namesake Darnell Hester on Sept 3, my grandniece Celicia Hester Sept 13, my beautiful niece shawna Lameboy on sept 14, my grandnephew Dawson Whiskeychan on Sept 15, my sister-in-law and friend Caroline Hester on Sept 21, and finally to Danny Whiskeychan on Sept 22. Hope you had fun on your birthday and hope all your birthday wishes came true, love you Guys. With love Barbara

R. Hester (Wask)

Happy belated 1st birthday wish going out to a cute, lovable, smart, aborable little boy name Craydon Corson Rylie Hester (on sept 29) Happy belated 1st birthbay CAILOU!!!!!! I love you, and i'm glad to see you walk your first steps. With lots of love your grandauntie Barbs

I want to wish happy 5th birthday to Kevin Lyle Nickolas Gordie Moses, My nephew and whom i call my son. I hope you had all you wished for and glad i was there to celebrate your special day. I love you so much and miss you when we are apart. You call me your 2nd mom and i call you my son, i'm glad god blessed me with a special, loving, cute little boy to love. With love Barbs (wask)

Happy birthday wishes going out to my nieces Corrina Hester (oct 3), Cheryl Ann Hester (Oct 11) and Happy 1st birthday to my little chubby Niece Bailey Starlene Sharlene Hester on Oct 15, you are a miracle baby!!!! And to my Niece, whom i think of as my baby sister Betty Sonya Blueboy Oct 18 and to Jocelyne (oct 18) in Dixville, Qc I love you and miss you everyday and last to my sister Floria Hester On oct 21. Happy birthday you guys and lots of love to you all. With love Barbs (wask)

Special Birthday wish for my little Hero! He'll be turning 3 on October 27, 2003. "Happy Birthday Kerwin!" Lub you so much! From mommy Leona (in Wask.)

Josephine Irene Rose Visitor (Jo) will be showered with lots and lots of birthday wishes on November 3. We would like to thank our Creator for sending us an angel to love. Jo, please know that you are a very special girl and should celebrate your birthday the best way you know how. We know your father and mother are just as greatful as anybody else to see you reach another birthday. So have a wonderful and joyous birthday, JO! From everybody at G3-10, Chisasibi

I would like to wish a "Happy 5th Birthday" to my niece, Cherish Celine

Nikamun Gull-Cooper on October, 21.

(Honey-bun!) I can't believe you'll be five years old!! I can still remember the first time I saw you (I cried!), you looked so adorable, cute and sweet. I wish I could be there to see you blowout your five candles!! Have fun on your birthday!! I miss you so much!!!! Love always and forever your aunt Amy.

Miyobin Wapachee will be having a birthday on October 31, 2003, which we hope will be a happy one! Happy birthday and Halloween to you. Don't forget to invite us for your cake. Luv ya, from all of us at G3-10, Chisasibi.

Happy Belated Birthday going out to my sister Pamela Hillary Petagumskum on October 5th 2003. She turned 14. I wish you all the bet in the future. I may not tell you that I love you, but I do. So take care and be a good girl like your sister. Love, Genie. M xoxo

A birthday wish going out to my son Adam-Felix Masty Shem on October 7th 2003. I hope you had a great time on your special day, boy! Happy Birthday and many more to come. I love you so much. Love, Genie M.

We would like to wish Stephanie Rupert a Happy 19th birthday on October 8th. Also to Allan Snowboy on October 15th. Hope you two had a great time. We wish you both all the best in the future. From friends, Sheila Rupert and Genie Mam.

Happy 13th Birthday to my baby sister Angela Petagumskum on October 29th. Now you're a teenager but still you're a baby in our house. So hope you'll doodice. Love, your sis Genie

I would like to wish a Happy Belated 6th Birthday to my son Donovan Lee Kris Hester on Sept. 22nd. Happy B'Day my son. I love you so much and also I would like to wish a Happy 9th B'Day to my beautiful daughter Davina Rochelle Mary Hester on Oct. 28th. Happy Birthday girl! I love you both so much and I will take care of you both. Love always, Mom Rachel. I will always love you both with all my heart. Xoxoxo You guys are growing up so fast, wow!

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CLASSIFIEDS

To a special young man who turned 20 years old on October 17th. His name is Stanley Swallow who lives in Gatineau, QC. We would like to wish you a belated birthday. We think of you often and wish you good luck in your college years. Reep it up! Love from Mom & Dad, brothers & sisters (Chis)

I would like to wish four wonderful people in my life a Happy Birthday and lots more to come. To my princess Maria Wapachee on September 24th, my son Jeremy Wapachee on October 7th, my son Simeon Wapachee who's named after his grand-dad in Mistissini will be celebrating his day on November 17th. And to the person that I love so much, on November 22nd, she will be celebrating her birthday. And our 8th Anniversary was on September 2nd 2003. I wish her a Happy 8th Anniversary. I love you all so much and wish you the best in life from Larry Wapachee.

I'd like to wish my granddaughter a belated Birthday in Chisasibi. Eliza Faith Bearskin on Sept 1st 2003 and Nemschoo Bearskin on October 15th. I wish you both many more birthdays in the years to come. From Kookum Stella in Whap.

Special belated birthday greetings going out to a very special friend, her name is Cherish Stephen. She celebrated her 18th birthday on October 10th 2003. Do you know how much you mean to me my friend? I know I haven't always seemed very appreciative, but I've always felt lucky to have a friend like you. And when I think of all we've given to each other, the values we've taught together and the sacrifices we've made for each other. The confidence and security that came from knowing I was lucky to have a friend like you. I realize how much you've helped me shape my life into a happy and fulfilling one. I owe you more than I can say! Once again, Happy Belated Birthday! Hope you had a blast. Love in friendship, Christina Jonah (Wask)

Leona Vicky Hester-Blackned. Ya you. They say it's your birthday? Don't worry I wouldn't forget my first niece's birthday. It was October 16th 1989. When you first arrived in Wask with your Mommy, I was very excited and couldn't wait to see you. You were very tiny, and now you have grown into this beautiful young lady. I am so proud of you guuru! You will always make me proud. 14 years old aah? Saah eesh! Time sure flies by naah? Hey firecat! I will try to watch you in every tournament this year to cheer you on as you block those pucks. Happy Birthday again and many more to come. Luv Auntée BDH

To my friend and cousin Mary-Lynn Blackned. Happy 6th Birthday from your cuz Crystal Diamond (Wask)

We would like to wish a Happy Birthday to our Uncle Cecil (Cheech)

Gilpin on November 25th. Have a wonderful day. Hope your day will be special as you are to us. Thank you Uncle Cheech for always bringing me (Angel) juice whenever you finish work. I know Mario can't drink juice yet. Oh Happy Birthday and many more to come. We love you Uncle Cheech. Lots of love and kisses from Angel and Mario Gilpin (Eastmain)

We would like to wish a Happy Belated Birthday to Gilbert-Greg Georgekish on September 3rd 2003. And to Sydney James Georgekish on October 2nd in Waskaganish. Wishing you both the best and we love you. Hope both of you enjoy your special day. Happy Birthday and many more years to come. With love, Pamela, Lanny, Angel and Mario Gilpin in Eastmain.

I would like to wish a Happy Birthday to my sister Melinda Georgekish on October 15th. I wish you the best and enjoy your special day. I'm happy to have you as a sister and a friend. You've been a true friend and a caring sister to me. I love you and Hppy Birthday and many more years to come. With love, your sister Pamela Georgekish-Gilpin (Eastmain)

102 - WEDDINGS

Congratulations to Emily Matoush & Warren Duff on their beautiful wedding on October 10, 2003. I'm glad I made it to your wedding. I had a lot of fun with you guys. I won't ever forget that day!! I hope to see you guys soon again. From: Corinne Shash (Wemindji). P.S. Take care of your lovely, adorable daughter Juwanna Paula Star!! Wish you all the best in everything!! XxX

103 - ANNIVERSARIES

We would like to wish a Happy Anniversary to our friends Shannon and Gregory Mayappo on October 11th 2003. Happy 1st Anniversary and many years to come. From Pamela and Larry Gilpin (Eastmain)

300 - PERSONALS

I would like to send a short message to my one and only love C.A.M. I know I tell you this every single day, but I had to tell you again that I love you very much. My love for you grows more and more each day. So, I'll tell you again, I LOVE YOU SO MUCH! You're the only one for me, just YOU my love. Love always, J.M.M. xoxoxo

Hello NORTH BAY CHICKS, Cynthia Blackned, Rachel M Hester, Anita Kitty, Velma Georgekish, Deborah Cheezo, Sylvia Bearskin, Charlotte Wapachee. How are you women?...lol We miss you biddies. We'll visit you before Christmas holiday's aaight? PS: Sylvia we can't wait to see your baby girl. Hello to you too Marco. From your buddies in Wask, Rach & Barbs.

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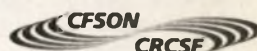
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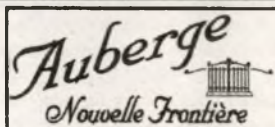
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